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HANGING UP HIS SPACE SUIT

CHRIS HADFIELD SAYS HE'S RETIRING FROM THE CANADIAN SPACE AGENCY AND MOVING BACK TO CANADA FROM HOUSTON

PAGE 5

High-voltage debate

Two years after council last discussed the possible sale of London Hydro, the matter is back on the agenda PAGE 3

City slams brakes on food trucks

Council defers a decision on the issue, meaning there likely won't be mobile munchies till next year PAGE 2

Big gown hunter

Randy Fenoli of the popular reality series Say Yes to the Dress is on a mission to make every bride's special day a dream come true PAGE 21

NEWS WORTH SHARING.

Alex Rosseel, 11, of London, and his dad, Al, donated four new bicycles — all with locks and helmets — to the Boys and Girls Club on Monday. The family bought the bikes with donations after Alex's bike was stolen last month. Alex says he plans to closely guard his new bike — in fact, he has two locks for it. ANGELA MULLINS/METRO

Bike-theft victim pays it forward

Riding high. Boy makes big donation to London non-profit

JEREMIAH RODRIGUEZ
london@metronews.ca

Alex Rosseel has a new ride and, because of him, so do four other London kids.

Rosseel, 11, donated four bicycles to the Boys and Girls Club on Monday, all bought with donations that flooded in after his bike was stolen last month.

A PayPal account set up by Londoners who heard about Rosseel's plight on social media ballooned to more than $840. It was more than enough to get him a new set of wheels and to help other kids in need.

"The community is bigger than the thief was," said Al Rosseel, Alex's father. "For one not-so-good person, there are a lot of other great people who are willing to step in and help."

Two of the bicycles will go to sisters — ages 11 and 12 — whose family can't afford them right now, said Nadine Harrison, the club's program manager for children and youth.

The remaining pair will be given to kids chosen at random as part of the club's Bus Reward program, which doles out prizes to children who have been well behaved or proven themselves leaders on bus trips to and from the club.

Rosseel said he isn't holding a grudge against the person who took his first bike, which he saved for months to buy. But he did offer a word of advice to the thief: "How about not stealing any more bikes?"

What does your freedom look like?

Turn to page 6

NEWS 1

Food truck plan hits red tape traffic

'Poutine police.'
Decision on mobile meals will likely be deferred until 2014 as council committee looks to impose more rules, diversify menu

MIKE DONACHIE
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The idea of food trucks roving city streets is on its way back to the kitchen.

A council committee recommended deferring a decision on the issue until city administrators — who are calling themselves the "poutine police" — find a way to set extra rules for businesses interested in launching trucks.

That means the issue would almost certainly stay under discussion until the fall, with no food trucks on the streets until spring 2014, at the earliest.

Full council will hear the committee recommendation on Tuesday.

The motion to slow things down was put forward on Monday by Mayor Joe Fontana and seconded by Coun. Bill Armstrong. Specifically, it instructs city hall staff to draw up "further refinements" such as "menu considerations" and "a more creative proposal solicitation."

"If we lose a season, so be it," Fontana said.

As the community and protective services committee thrashed out the issue, it became clear many were concerned hot-dog trucks might dominate the street food, and they wanted to see more variety.

Coun. Joni Baechler described a fact-finding mission in Vancouver during which councillors researched food trucks, and noted their variety. Trucks, she noted, were selling everything from curries to smoked salmon and fresh bison burgers.

She said Vancouver has just 15 street spots for trucks, contested by companies who must be creative and innovative to get their pick of locations.

A look back

- **May.** City staff pitched the first rules for a food-truck pilot program. A council committee rejected them, saying they were too restrictive, partly because only a few trucks would be allowed to operate around Victoria Park.
- **Monday.** Staff made a revamped pitch of rules, suggesting trucks be allowed to set up across the city as long as they stayed a certain distance away from schools, restaurants, homes and places where people live.

Worth the wait?

"If we lose a season, so be it."

Mayor Joe Fontana, who put forward a motion on Monday to slow down final decisions on food trucks in London.

Hey, Cupcake! owner Krista Trollope reaches for a "chunky monkey" treat during Monday's Signatures fundraiser at Budweiser Gardens.
ANGELA MULLINS/METRO

Raising research cash the icing on non-profit's cake

When Peter Swartsman's brother was diagnosed with Parkinson's disease in his late 30s, the family was surprised that someone so young could have what's traditionally seen as an old man's disease.

More than 20 years later, the Byron Fire Department captain was excited to be helping Monday with an event raising money to support people like his brother.

Swartsman was one of a big group of volunteers who helped pull off the Parkinson Society Southwestern Ontario's inaugural Signatures event.

The event — a tasting of food from area restaurants — cooked up $10,000 for the society. The money will be used for programs that help those living with Parkinson's and for research.

"This is a good representation of how supportive the London community has been for us, helping to come together and raise awareness and funding," said Jessica Halls, a communications specialist with the society.

Marilyn Matheson, CEO of the non-profit, said plans are already in the works to make next year's event bigger.

While raising money is important, raising awareness is also key, she said.

"A lot of people with developing Parkinson's are afraid to come out and say they have it," Matheson said. "We're trying to quell the stigmas because only then can we help them."

JEREMIAH RODRIGUEZ/FOR METRO

All ages at risk

"A lot of people with developing Parkinson's are afraid to come out and say they have it."

Parkinson Society Southwestern Ontario CEO Marilyn Matheson on promoting awareness of the deadly disease.

Orser to face provincial watchdog sans lawyer

Thanks, but no thanks, says Coun. Stephen Orser.

Orser has withdrawn his request to have taxpayers foot the bill for legal advice in an Ontario ombudsman's review.

Orser had planned to have a lawyer present when interviewed for a second time by the ombudsman about his involvement in a February gathering of city councillors.

He, along with Coun. Bud Polhill and Sandy White, had asked a council committee to consider covering the legal costs.

"I have been informed ... that the second interview will now only consist of a couple of questions and five minutes of my time," Orser wrote in a Monday letter addressed to the city manager and city clerk.

Stephen Orser CONTRIBUTED

Polhill, Orser and White were among seven councillors, including Mayor Joe Fontana, who shared a meal together at Bill T's Tap and Grill days before the 2013 city budget was approved.

Politicians have said the gathering was not a planned meeting and the budget was not discussed. The ombudsman's office started investigating after fielding 60 complaints alleging the get-together violated the Municipal Act.

ANGELA MULLINS/METRO

Murder. Tori Stafford killer still seeking lawyer for appeal

The man convicted in the kidnapping and murder of eight-year-old Victoria "Tori" Stafford is still trying to find a lawyer for his attempt to appeal his conviction.

Wearing a blue prison jumpsuit, Michael Rafferty appeared via video at the Court of Appeal for Ontario in Toronto where his matter was put over until Aug. 12.

Rafferty is appealing on grounds that the judge in his trial failed to instruct the jury properly and that the jury didn't properly understand the evidence required to convict him of first-degree murder.

The court heard that by Aug. 12, a private lawyer who has been in touch with Rafferty hopes to have enough information for the court to determine if Rafferty will get a court-appointed lawyer or have his application for legal aid approved.

Michael Rafferty THE CANADIAN PRESS FILE

Not over

"We can't just let this go.... Somebody took my flesh and blood, and I want to make sure justice is served."

Rodney Stafford, Tori's father

Both scenarios would result in taxpayers footing the bill for Rafferty's appeal.

That angered Tori's father, who was present at the hearing.

"I want everybody to know that my family hasn't given up on Victoria," Rodney Stafford said outside the courthouse.

"We know she's gone and everybody cares deeply. We can't just let this go. It's not like somebody took our dog or anything — somebody took my flesh and blood, and I want to make sure justice is served."

Rafferty was convicted in May 2012 of first-degree murder, kidnapping and sexual assault causing bodily harm in the Woodstock girl's death on April 8, 2009.

Rafferty's former girlfriend and accomplice in the killing, Terri-Lynne McClintic, is also serving a life sentence after pleading guilty to first-degree murder.

Evidence showed that McClintic lured the Grade 3 student to Rafferty's car with the promise of showing her a dog.

The pair drove about 130 kilometres north to a secluded field, where the girl was raped and beaten to death.

She died from at least four blows to the head from a hammer and 16 of her ribs were broken or fractured. Her body was buried under garbage bags and a pile of rocks.

Rafferty told the court Monday he was being moved to another province in the coming weeks.

THE CANADIAN PRESS

Way-back playback

Matchbox Twenty and Goo Goo Dolls coming to London

The '90s will make a comeback this summer at Budweiser Gardens.

Matchbox Twenty and the Goo Goo Dolls are coming to London on Aug. 15, part of a tour with special guest Kate Earle.

Tickets go on sale at 10 a.m. on Friday. They range in price from $31 to $101.

METRO

Gratis outdoors

Conservation area goes free for a day

Fanshawe Conservation Area and Healthy Hikes are teaming for a day of free outdoor fun on Saturday.

Admission fees will be waived between 8 a.m. and 4 p.m. at the venue at 1424 Clarke Rd.

The annual Dragon Boat Festival is set for 9 a.m. to 4 p.m, and a campers garage sale is planned for 8 a.m. to noon. METRO

The future of London Hydro (York and Ridout streets) is up for debate at city hall as politicians reopen talks about selling the asset. ANGELA MULLINS/METRO

Prospect of selling London Hydro sparks new debate

Current conundrum. Future of publicly owned utility in the spotlight at city hall

MIKE DONACHIE
london@metronews.ca

The sale of London Hydro may be worth millions to taxpayers, but the voltage was just too high for councillors on Monday night.

Two years after the question of cashing in on the major public asset was last on the agenda, it made a return to a council committee. Several members said they were annoyed by learning about the proposal at the last minute.

Although the strategic priorities and policies committee heard opinions of every kind on the utility's future, councillors agreed again and again that they didn't have the information they needed to make a decision.

So they accepted a motion by Coun. Paul Hubert, asking staff to plan a public consultation, possibly including a city-wide survey, and bring it back to a meeting on July 29.

2012 yield

$7.2M

The amount London Hydro brought into city coffers last year. Its market value is unknown.

There was applause from the public gallery several times during the debate, especially after Mayor Joe Fontana asked if the talks should be held in private and was told by the city lawyer that they must be public.

Mayor Fontana told the meeting: "There's no hidden agenda here," and insisted it is right to consider options for London Hydro.

Although some members insisted they did not want to see London Hydro sold, others were open to new ideas.

"No one here wants to kill the golden goose, but if there's an opportunity to clone it, we should examine it," Coun. Matt Brown said.

2013 housing starts show big jump so far

London-area home construction appears to be rebounding, with 848 projects starting between Jan. 1 and May 31, according to Canada Mortgage and Housing Corp.

It's an increase of about 55 per cent over the same period last year. This year's starts have been split almost equally between multi-family and single-family units — 445 and 403, respectively.

Going up

2,240

The number of London-area housing starts recorded in 2012, according to Canada Mortgage and Housing Corp.

Nearly all of the construction, 710 homes, has been in London. St. Thomas, meanwhile, has recorded only 61 new project starts, with building in rural areas making up the rest of the balance.

Home construction across the country showed a surprising resurgence in May, according to CMHC.

Building rose to an annualized 200,178 homes last month — with condos leading the way — which is about 20,000 over economists' expectations and almost 25,000 above the April number.

Housing starts are considered an important economic indicator. People generally don't break ground on projects when they don't feel confident about the market.

ANGELA MULLINS/METRO

‘Extraordinary gift’. Mandela’s condition ‘unchanged’ in hospital

Nelson Mandela was in serious but stable condition in a Pretoria hospital for the third day Monday with a lung infection, and a foundation led by retired archbishop Desmond Tutu described the 94-year-old anti-apartheid hero as an “extraordinary gift” to South Africa.

As family members visited South Africa’s first black president in hospital, the government announced — in only the second communication on Mandela since he was hospitalized on Saturday — that his condition was “unchanged.”

A statement issued for the Desmond and Leah Tutu Legacy Foundation described Mandela as “the beloved father of our nation” and offered prayers for a man seen by many around the world as a symbol of reconciliation because of his peacemaking role when white racist rule ended in South Africa.

Mandela “once again endures the ravages of time in hospital,” said the Cape Town-based foundation, which was founded by Tutu and his wife Leah to promote peace. “We offer our thanks to God for the extraordinary gift of Mr. Mandela, and wish his family strength.”

Tutu, 81, was also a vigorous campaigner against apartheid, which ended when all-race elections were held in 1994 and Mandela became president. Like Mandela, Tutu was awarded the Nobel Peace Prize for his efforts on behalf of his compatriots. Mandela shared his prize with F.W. de Klerk, the last president of the apartheid era. “We send our blessings to the doctors and nurses responsible for his care,” Tutu’s foundation said. THE ASSOCIATED PRESS

A boy stands in front of a mural of former South African President Nelson Mandela in Johannesburg, South Africa, on Monday. Mandela was in serious, but stable condition in a Pretoria hospital for the third day with a recurring lung infection. THEMBA HADEBE/THE ASSOCIATED PRESS

What’s next move for admitted leak source?

Surveillance. Top Hong Kong law enforcement official suggests it would be wise if Edward Snowden left town

This photo provided by The Guardian newspaper in London shows Edward Snowden, who worked as a contract employee at the National Security Agency, on Sunday in Hong Kong. The Guardian identified Snowden as a source for its reports on intelligence programs after he asked the newspaper to do so. THE GUARDIAN/THE ASSOCIATED PRESS

An apparent international cat-and-mouse game was in play Monday following the confession of Edward Snowden, a former CIA tech expert who leaked details of top-secret American surveillance programs to two news organizations and then hunkered down in a Hong Kong hotel.

Snowden, 29, stepped forward over the weekend as the source of leaks to Britain’s The Guardian and the Washington Post about the U.S. government’s sweeping monitoring of cellphone logs and web servers.

Hong Kong has an extradition treaty with the U.S., but China has the ultimate say over extradition requests in cases where the country’s foreign interests could be at stake. Snowden said he chose Hong Kong because of its “strong tradition of free speech.”

“The only thing I can do is sit here and hope the Hong Kong government does not deport me,” Snowden told The Guardian.

Snowden reportedly checked out of a Hong Kong hotel on Monday. His subsequent whereabouts were not immediately known, but a top-ranking official in Hong Kong law enforcement suggested in a statement that Snowden would be wise to leave the city.

Hong Kong is “obliged to comply with the terms of agreements” with the U.S. government, including extraditing fugitives, said lawmaker Regina Ip, who was once the city’s top security official. THE CANADIAN PRESS

Where to now?

Snowden turning to Iceland?

Iceland has always attracted outsiders. It has welcomed chess master Bobby Fischer, WikiLeaks’ Julian Assange and advocates of the Pirate Party. Could its next guest be Edward Snowden?

In an interview published Sunday, Snowden floated the idea of heading to Reykjavik. He told The Guardian that he was inclined to seek asylum in a country that shared his values — and “the nation that most encompasses this is Iceland.” THE ASSOCIATED PRESS

Bangladesh. Inspectors accused of negligence in deadly building collapse

Bangladesh has suspended seven inspectors it accuses of negligence for renewing the licences of factories in a building that collapsed in April, killing more than 1,100 people, a top Labour Ministry official said Monday.

The official, Mikail Shipar, said an investigation found that the inspectors never even visited the five factories housed in the eight-storey Rana Plaza building. He said one of the factories had been operating without any licence since 2008, while the others were licensed through 2013.

At least 1,129 people died when the building in the suburb of Savar collapsed April 24.

The number of factories in Bangladesh has soared in recent years to more than 240,000, while their safety is checked by only 50 government inspectors who issue operating licences, said Obaidul Islam, a senior official at the office of the Chief Inspector of Factories.

“There are too few inspectors for too many factories,” Islam said. THE ASSOCIATED PRESS

By the numbers

240,000

Factories in Bangladesh checked for safety flaws by only 50 government inspectors.

Takeover cancelled

Telus calls off its plan to buy Mobilicity

Telus Corp. called off its plan to buy small wireless provider Mobilicity on Monday after Ottawa signalled last week that it would not allow the deal.

Mobilicity, which has about 250,000 customers, said it will instead go ahead with a recapitalization plan, which will be voted on by debt holders on June 25.

“The company will continue to provide updates as warranted,” Mobilicity said in a brief statement.

Telus had offered to pay $380 million for Mobilicity. THE CANADIAN PRESS

U.K.

6 men sentenced to 20 years in failed terror plot

Six British men inspired by Islamic extremist material were sentenced Monday to almost 20 years in prison each for plotting a bomb and gun attack on a far-right rally a year ago.

The men, from the Birmingham area of England, had earlier pleaded guilty to planning an attack on the anti-immigrant English Defence League.

The plot failed when they arrived after the rally had ended. They were caught by chance after a car was impounded for insurance violation. The vehicle contained guns, a homemade bomb and other weapons. THE ASSOCIATED PRESS

Health

Ottawa finalizes new rules for medical marijuana

After two years of study and discussion, the federal government has finalized new rules for medical marijuana and granted a reprieve to pharmacists who opposed the rules in their draft form.

Health Minister Leona Aglukkaq rolled out the regulations Monday for formal publication in the Canada Gazette on Wednesday.

Under the new regime, the government will no longer produce or distribute medical pot and medical marijuana users will no longer be allowed to grow the product at home. THE CANADIAN PRESS

Michael Ferguson

Auditor general returns to Senate amid scandal

Michael Ferguson THE CANADIAN PRESS

One year and several scandals later, auditor general Michael Ferguson is returning to the Senate.

Ferguson is scheduled to meet Tuesday with the internal economy committee. The meeting comes a week after the upper house voted to call in the auditor general to conduct a comprehensive audit of Senate expenses. THE CANADIAN PRESS

Nuclear liability. Feds propose raising cap to $1B from $75M

Nuclear operators will face a liability ceiling of $1 billion, up from the current $75 million that has stood for four decades, under proposed new federal legislation.

The change is expected next fall when Parliament resumes following the summer break, Natural Resources Minister Joe Oliver told a nuclear conference on Monday.

Nuclear operators will still be exclusively liable for nuclear damage, with no need to prove fault.

Canada also plans to join the International Atomic Energy Agency's convention on supplementary compensation for nuclear damage, which would add another $450 million to the compensation pool by drawing on additional funds from member countries, said Oliver.

Environmentalists want unlimited liability, but nuclear proponents say that would encourage a company involved in an accident to declare bankruptcy and walk away, leaving governments on the hook. THE CANADIAN PRESS

Fire bombings

No proof of hate crime, police say

Montreal police say they haven't managed to link a series of weekend fires at kosher restaurants and a private home.

A spokesman for the police service says there wasn't one single modus operandi in the three attacks in three days — two of which targeted kosher restaurants and one a private home in a predominantly Jewish neighbourhood.

Spokesman Simon Delorme says they haven't found evidence the attacks were aimed at any one community in particular.

THE CANADIAN PRESS

Star astronaut to keep his feet firmly on Earth

Canadian Space Agency. Chris Hadfield announces retirement, looks forward to 'the next phase of life'

Chris Hadfield has announced he's retiring from the space program and moving back to Canada after decades away from home.

The famous astronaut announced Monday that he is leaving the Canadian Space Agency next month, and will also be leaving behind his longtime home of Houston, Texas, where he built his career as an astronaut.

"(I'll be) making good on a promise I made my wife nearly 30 years ago — that yes, eventually, we would be moving back to Canada," Hadfield said during a news conference at the Canadian agency's headquarters, near Montreal.

Win some, lose some
5%
Hadfield says he's lost up to five per cent of his bone density in some areas. But, because he exercised two hours a day while in space, he's able to bench-press more than he used to.

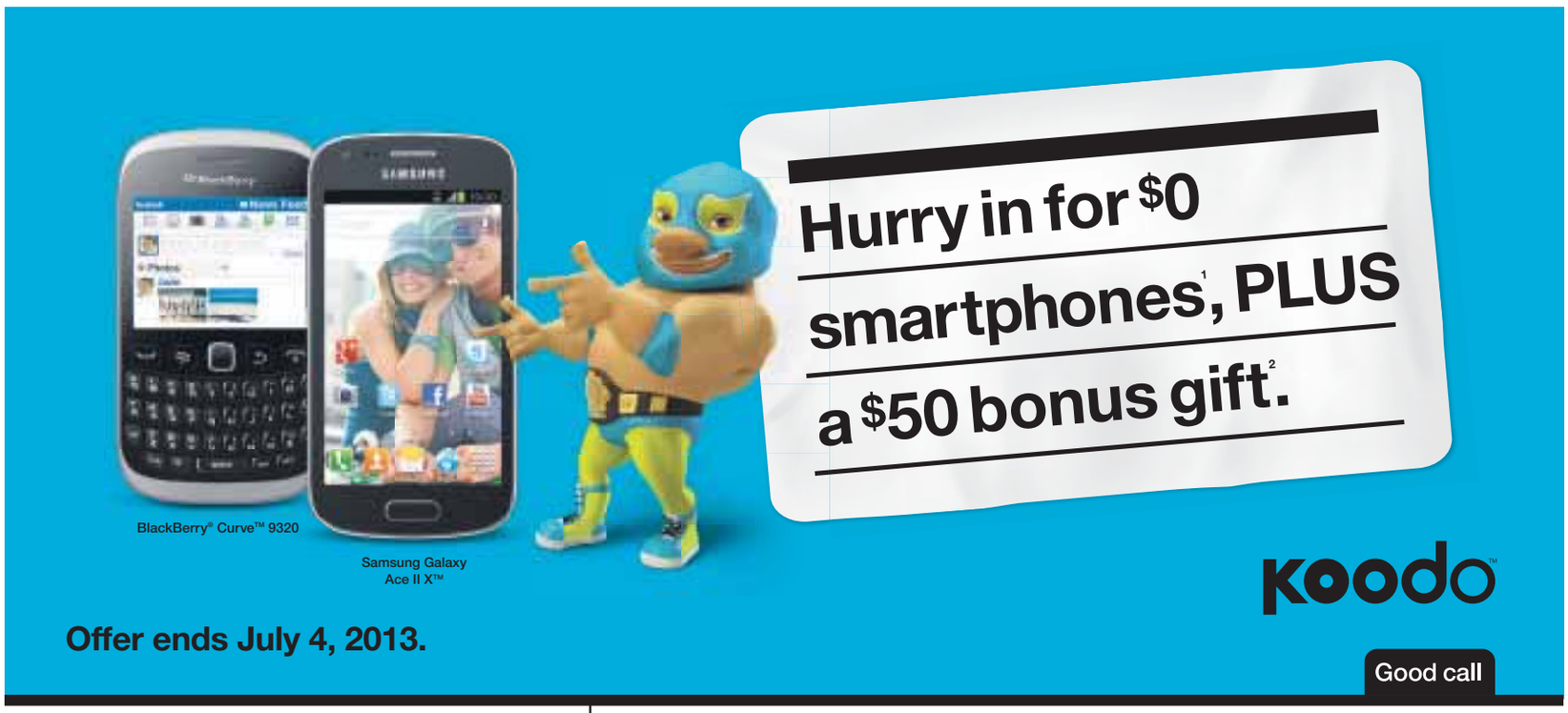
Canadian astronaut Chris Hadfield speaks at a news conference in Longueuil, Que., Monday, where he announced his plans to retire from the Canadian Space Agency. PAUL CHIASSON/THE CANADIAN PRESS

"I'm looking forward to the next phase of life."

He said he's ready to pursue private interests, outside government.

Hadfield said he hasn't decided what he will do next, but plans to do presentations on space while reflecting over the coming year on his next move.

Hadfield gained international prominence during his recent six-month trip to the International Space Station, where he used social media to share experiments, photographs and even a memorable music video. THE CANADIAN PRESS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Fairview Park Mall
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Lansdowne Place
Lime Ridge Mall
Lynden Park Mall
Mapleview Shopping Centre
Markville Shopping Centre
Masonville Place
Milton Mall
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Oakville Place
Oshawa Centre
Pen Centre
Pickering Town Centre
The Promenade
Scarborough Town Centre
Seaway Mall
Sheppard Centre
Sheridan Centre
Sherway Gardens
Square One
Station Mall
Stone Road Mall
Tecumseh Mall
Toronto Eaton Centre
Upper Canada Mall
Vaughan Mills
White Oaks Mall
Woodbine Centre
Yorkdale Mall

Alcohol ads influencing teen girls, journal says

Risks of drinking. Health warnings should be put in ads, editorial argues

The Canadian Medical Association Journal is raising concerns about alcohol advertising, saying young girls are being influenced by the ads the industry says are aimed at young women.

The editorial in this week's issue of the journal calls for health warnings to be embedded in alcohol ads so that young girls understand the risks of drinking.

Dr. Ken Flegel, author of the editorial, said studies from the United States show that adolescent girls see about 68 per cent of alcohol advertisements aimed at young women, where drinking-aged women see about one-quarter of the ads.

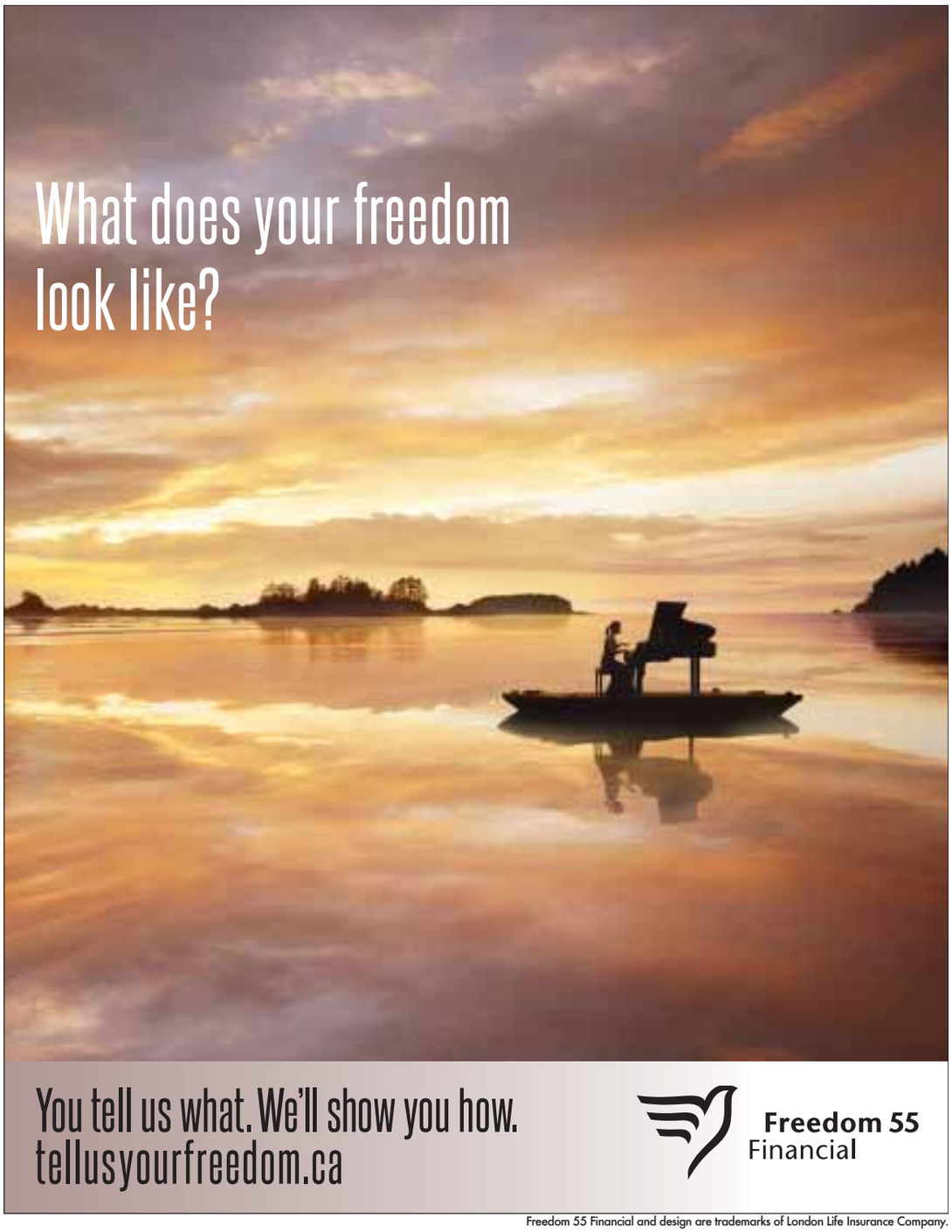
"They spend more time on the Net, they spend more time watching television, they spend more time flipping through magazines," Flegel, a senior associate editor responsible for research at the journal, said of adolescent girls.

Flegel also said parents should model responsible alcohol consumption for their children. THE CANADIAN PRESS

Understanding risks

- The editorial said girls need to understand that drinking increases their risk of a number of health conditions, including breast and other cancers. Other female-specific risks include unwanted sex and pregnancy as well as being subjected to violence.

Teenage girls prepare a beer bong prior to a concert in this file photo. An editorial in the Canadian Medical Association Journal says alcohol advertising aimed at young women is more likely to be viewed by young girls. GETTY IMAGES FILE



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Unhappy shareholders. Walmart vote tally shows dissent against executives

Walmart's final shareholder vote for its board of directors showed another year of dissent against key executives and directors, including its CEO Mike Duke, as the company deals with the fallout from overseas bribery allegations.

All of the 14 firm's nominees were re-elected at the annual shareholders' meeting Friday. But the dissent shows the firm continues to be distracted by concerns about its handling of bribery allegations that surfaced last year at its Mexican unit.

The company also is being pressured to increase its oversight of factories abroad following a building collapse in April in Bangladesh that killed more than 1,100 garment workers. Walmart wasn't using any of the factories in the building at the time of the collapse, but it is the second-largest retail buyer of clothing in Bangladesh.

According to results released Monday, 12.1 per cent of the 3.29 billion shares were voted against re-election of Duke to the board. THE ASSOCIATED PRESS

Transition

Lululemon starts search for new CEO

Lululemon will begin looking for a new leader as chief executive Christine Day announced she is leaving the company. Day, who offered little explanation for her departure, said she will remain while the board searches for a new CEO. This year, Lululemon had to pull its black Luon yoga pants from store shelves for being too sheer. THE CANADIAN PRESS

Market Minute

DOLLAR 98.14¢ (+0.08¢)

TSX 12,382.67 (+9.37)

OIL $95.77 US (-26¢)

GOLD $1,386 US (+$3)

Natural gas: $3.80 US (-3¢)
Dow Jones: 15,238.59 (-9.53)

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WHY THE #@$% CAN'T I SWEAR?

SHE SAYS

Jessica Napier
metronews.ca

Last Sunday, like every Sunday before that, my boyfriend and I went for brunch. Halfway through our meal, a neighbouring diner interrupted our conversation to reprimand us for using foul language in close proximity to his daughter who looked to be about 11-years-old and had surely heard these common curse words before.

I hadn't even been conscious of the tone of our discussion up until that point. We weren't cussing like a couple of drunken sailors; we'd perhaps let a few relatively harmless obscenities slip into our casual conversation about bedroom furniture.

Even though we both agreed the overreacting dad was being unreasonable, I glared at my boyfriend to encourage him to let it go — because it would have been even more uncivilized to get into a full-blown confrontation over our $18 eggs benedict.

After we left the restaurant we got into a discussion about parenting and whether or not we should feel obligated to watch our mouths around other people's offspring. I know there are certain times when conversations shouldn't steer into R-rated territory, but this wasn't one of those situations. It was 1:30 in the afternoon and the table next to us was enjoying their third round of mimosas; it wasn't exactly Chuck E. Cheese's.

Swearwords are usually employed out of laziness. There's almost always a more eloquent and imaginative way to get your point across, but sometimes we can't help ourselves. If you've ever stubbed your toe or gotten a parking ticket two minutes after your time expired you'd be forgiven for letting out a reactionary expletive. My parents were never the type to wash my mouth out with soap (perhaps that's obvious at this point) so I've never thought it was all that taboo to pepper conversations with emphatic vulgarities from time to time.

Like all forms of language, obscenities are cultural constructs that have a tendency to evolve over time. I don't deny that using profanity can be derogatory and offensive at times, but it's important to remember that there's nothing inherently evil about a collection of arbitrary syllables. It's not the words themselves that are immoral; it's how we use swearwords that give them their power to offend.

So while running a foul mouth in public might be in poor taste, I have to wonder if it's really all that damaging for young ones to overhear the F-word while enjoying a plate of French toast. I respect everyone's right to make their own parenting decisions, but it's a bit futile to try and shield your children entirely from the colourful language of everyday life in a big city.

Follow Jessica Napier on Twitter @MetroSheSays

ZOOM

Duck's swan song in Hong Kong

IMAGINECHINA/REX FEATURES

Famous rubber duck leaves town

Thousands turned out to bid farewell to a giant inflatable rubber duck that has captivated Hong Kong.

The southern Chinese city has taken the 16.5-metre duck, created by Dutch artist Florentijn Hofman, to its heart since it arrived at the beginning of May. The duck is now headed to Pittsburgh.

Hong Kong has been in the grip of duck mania for the 40 or so days the rubber duck was docked at the harbour. Stalls and shops sold merchandise ranging from T-shirts to duck tote bags. Restaurants created special duck dishes.

"I hope that it can bring happiness to the people in the different countries it visits," said 30-year-old Hong Kong resident Sam Tsang. METRO

Quoted

"The friendly, floating rubber duck has healing properties: It can relieve tensions as well as define them. The rubber duck is soft, friendly and suitable for all ages!"

Florentijn Hofman
Dutch conceptual artist

Florentijn Hofman's floating duck sculpture arrived in Hong Kong's Victoria Harbour with much fanfare on May 2. GETTY IMAGES

Clickbait

ANDREW FIFIELD
andrew.fifield@metronews.ca

GETTY IMAGES

The pending launch of the Xbox One and the PS4 have made the annual video game frenzy of E3 a little frothier than usual. Follow these sites for the goods on all the reveals, previews and cynical snark as it happens.

Polygon:
One of the Internet's slickest sites is happily backed up by a talented group of clever writers, many of whom have joined the E3 swarm in Los Angeles. (polygon.com)

The Escapist:
An all-purpose entertainment and culture site, Escapist is also the soapbox for curmudgeons like Jim Stirling who can always be depended on to gleefully skewer the plentiful marketing speak. (escapistmagazine.com)

Joystiq :
AOL's top gaming portal has been around forever, and sometimes that age shows. But if you're looking for a robust roundup of the day's events you can absorb with a glance, Joystiq is about as reliable as it gets. (joystiq.com)

Twitter

@metropicks asked: It was reported NSA collects data from your web activity and cell use. Why do or don't you care?

@PetRideHalifax: well, since 99% of what I do is to promote my business I really don't care what NSA does. Hopefully they retweet!

@laurafabulous: they can look at all the redtube videos I've watched and read all my sexts. I'm not ashamed!

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Joan and Melissa Rivers continue to sound off on fashion faux pas on their show Fashion Police. THE ASSOCIATED PRESS

Joan Rivers turns 80, plans to work 'forever'

No fashion fogey. Show biz veteran talks about her decision to do Fashion Police and the snark that keeps her young

"I'm having a great time," Joan Rivers crows before offering a brisk self-appraisal: "Everything is working; my mind is fine.

"The only time I play the age card is on planes when I'm trying to put a bag above the seat: 'I am 80 years old! Would someone PLEASE help me?!'"

Actually, she only turned 80 on Saturday, a milestone that has prompted the E! network to stage a Joan Rivers "takeover." Its regular one-hour edition of Fashion Police (airing Friday at 10 p.m. EDT) will be a black-tie birthday salute, preceded nightly through Thursday by special half-hours (at 10:30 p.m. EDT) featuring guest appearances by celebrities and even victims of past fashion slams.

This means frequent-flier Rivers would soon be back on a plane for Los Angeles to tape this five-day marathon while she marvels at the success of Fashion Police, which, since premiering three years ago has only tightened its grip in entertainment culture as a wicked hybrid of style and snark.

Rivers is well-served by her co-hosts Giuliana Rancic, Kelly Osbourne and George Kotsiopoulos, all of whom can deliver shrewd analysis as well as piercing gibes at red-carpet infractions.

But Fashion Police is perfectly tailored to the comedic skills of Rivers, as demonstrated by her 46-years-and-counting in show biz.

Hear her hail Uma Thurman, sheathed in Versace at the Cannes Film Festival: "This gown is so feminine, so silver — it's the Anderson Cooper of dresses!"

Hear her skewer a baggy, dizzyingly hued Alexander McQueen jumpsuit worn by actress Marion Cotillard at a Crash Magazine party: "The pattern looks like Precious sat on somebody's butterfly collection."

Sure, it's Police brutality, but Rivers and her "Joan Rangers" are never less than arresting.

At first, Rivers resisted the urge to do the show.

"I remember, I was in Vegas on a treadmill — cause you STILL try! — saying to my agent and (daughter) Melissa, 'cause Melissa's exec-producing, 'You're crazy! I'm not gonna do this! I'm not gonna commute!"'

Her mind was changed.

"We do the jokes, and we tell the truth, too," Rivers sums up proudly. "E! told me, 'Whatever you want to say, you say.' We're having so much fun! And our lawyers are so dear."

How long does she plan to keep working?

"Forever," says Rivers. This time, she's not joking.

THE ASSOCIATED PRESS

Comedy

This is the End

Directors. Evan Goldberg and Seth Rogen

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The cast of the films of Rogen and Goldberg's past find themselves stuck in Franco's fortified Hollywood mansion during the rapture. The actors, forsaken by God, find themselves with a respectable stash of food, booze, drugs and porno mags to help pass the time as they hide out from Satan. But as time goes by, the food and water dwindles and the friends begin to turn on each other. Based on a short from 2007 called Jay and Seth vs. The Apocalypse, Rogen and Goldberg have cobbled together a comic gem in This is the End. There's plenty of cameos from some of Hollywood's biggest names, all who seem intent on one-upping each other in the self-deprecation department. And while the last few Rogen-backed comedies have felt a little stale, this one is as fresh and fun as Pineapple Express — complete with a camcorder-filmed Pineapple Express sequel.

LIZ BROWN

Comedy

This is the End

Directors. Seth Rogen and Evan Goldberg

Stars. James Franco, Seth Rogen, Jay Baruchel, Jonah Hill

The yellow brick road is littered not just with potholes (as we alarmingly learn in Oz the Great and Powerful), but also the broken bones of previous attempts to reconjure the magic of Victor Fleming's 1939 classic film and the source Oz novels by L. Frank Baum. But this return trip to the Emerald City makes a relatively safe landing — perhaps too safe for fans of director Sam Raimi's Evil Dead and Spider-Man franchises, which played with genre expectations. It's both a strength and a weakness of Oz the Great and Powerful to be a true prequel, one that foregrounds James Franco as the wizard but otherwise doesn't monkey too much with Oz mythology or the 1939 movie that everybody has seen. The story is constructed with monochrome-to-colour transitions and Kansas-to-Oz character links that follow a familiar path.

PETER HOWELL

Hansel and Gretel: Witch Hunters

Director. Tommy Wirkola

Stars. Jeremy Renner, Gemma Arterton

Once you get past the mildly amusing idea of a grown-up Hansel (Jeremy Renner) and Gretel (Gemma Arterton) seeking violent payback for childhood trauma, the joke gets old very quickly. You see one exploded head or bullet-ridden hag, you've seen 'em all. The film isn't funny enough for comedy or scary enough for horror, and the anachronisms are ludicrous. The story is set in a medieval European village, but Hansel packs a machine gun and also takes insulin jabs for the sugar addiction forced upon him by an evil witch.

PETER HOWELL

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Go to heel: Sarah gets her foot in the shoe biz door

THE WORD
Dorothy Robinson
scene@metronews.ca

Watch out Ivanka Trump, Rachel Bilson, Halle Berry, Fergie, Jessica Simpson, Santana and the seemingly endless list of celebrities who have a shoe line — Sarah Jessica Parker is stepping into the business.

The actress, who famously portrayed the shoe-obsessed Carrie Bradshaw in Sex and the City, is launching her own line of footwear, trenches and purses called SJP. The line will be available next year at Nordstrom. According to Vogue, she is teaming up with George Malkemus, the longtime CEO at Manolo Blahnik for the line, because she is basically going to milk the character of Carrie Bradshaw until there isn't a drop left. As for the SJP line, "It's sort of soup to nuts," she tells the magazine.

"You put on a shoe and you put on a coat and you wear a bag and, on the outside, when you're walking down the street, they really can tell the same story about yourself."

And that story is: You have a lot of money (or at least a high credit line) as the shoes will range from $200 to $300, and bags will likely sell for around $700.

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Hold your breath and dive in, it's yoga for you swimmers

Summer trend. Glide your way through the water with this yoga sequence dedicated to swimmers

ROMINA McGUINNESS
life@metronews.ca

She gets a 10 out of 10 for effort. WSPORTS CONCEPTS

Are you into looking good at the pool? You'll need more than a hot swimsuit.

"If you want to improve your swimming technique and stamina, all you're going to need is a flexible spine, a strong core and lung capacity," says Sophie Lewis, yoga teacher at London, England's Triyoga Studio and personal trainer to elite triathletes. "A regular yoga practice will help develop all these things and enable you to move more effectively through any medium — water or air."

Here's how:

It strengthens your core, helping you push forward more powerfully in the water.

"If you just rely on your shoulder or your upper arm strength, you're going to fatigue very quickly," says Lewis. "But if you find your strength from your centre, that's a much better platform for stamina and you'll be able to keep going for long periods of time. Just imagine you're swimming in a smartie tube and you want to contain everything into that tube. Drawing your navel centre in and getting the power to push out from your core really helps," she explains.

It deepens and lengthens breath

"As a swimmer, you want to increase your lung capacity. But once you hit the cold water, the tendency is to panic," says Lewis.

"Breath becomes shallow and doesn't go all the way down to the belly. Alternate nostril breathing maximizes the flow of breath through both nostrils equally. This is good preparation for bilateral breathing (lifting the head alternately right then left out of the water to breath) and a vital warm up for the lungs."

Get started

Sophie Lewis' pre-pool warm up

"To warm up the shoulder girdle and prepare the body for the swimming action, get into revolved triangle. Then circle the raised arm, reaching forward alongside your face to open the side flank (the fleshy part of the side between the ribs and the hip). Let your arm fall in front of your chest, circling it back to the hip and up to sky."

YOGA FOR SWIMMERS SEQUENCE

Puppy Dog

Start on all fours with your knees hip-width apart and hands shoulder-width apart. Stack your hips above your knees and walk your arms out in front of you. Hug the upper outer arms in and press into your palms.

Cow face arms with strap

Begin seated, with both knees bent and both feet flat on the floor. Lower your right knee, then drag your right foot under your left knee and next to your left hip. Lay your left leg on top of your right leg and put your left foot by your right hip so your legs mirror one another. Reach your left arm straight up and drop your right arm down. Bend both elbows, swinging the right hand up your spine until you can clasp your hands behind your back. Use a strap if you cannot reach your other hand.

Half moon with a block

Start with legs a few feet apart, one in front of the other. Gaze downward and bend your front knee as you extend your front arm, bringing your fingertips to rest on the front of your toes. Lift your rear leg up until it is parallel with the floor. Straighten your front leg and draw your left glute inward to open your hips. Lift your top arm straight up and stack your shoulders. Move your gaze upward to further challenge your balance. Repeat on the opposite side.

Revolved triangle with a block

Stand with your feet hip distance apart. Step back one leg length with your left leg and turn your left foot outward 45 degrees, aligning your heels. Square your hips forward and place your right hand on your hip. Lift your left arm up into full extension and lean forward, keeping your back flat and arm reaching straight out in front of you. Place your left hand on the floor at the outer edge of your front foot. Extend your chest, and then press your left hand into the floor to spiral your chest open. Extend your right arm straight toward the ceiling. Stack your shoulders and gaze upwards. Repeat on the opposite side.

Double pigeon with a block

Begin in comfortable seat. Stack your right lower leg on top of your left so your right heel rests on your thigh directly above your left knee, while your right knee is stacked on top of your flexed right foot. Sit up tall and hold for eight breaths. Repeat on the opposite side.

Reclined bound angle

Begin on your back, with your knees bent wide and the soles of your feet together. Bring your heels as close to your pelvis as you comfortably can. Lift your chest and draw your shoulder blades down your back to lengthen your neck. Take your arms wide with your palms facing up.

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MAXIMIZE YOUR FERTILITY

MANY WAYS TO IMPROVE CHANCES OF PREGNANCY

According to 2012 Statistics Canada data, up to 16 per cent of heterosexual couples in which the woman is between 18 and 44 years of age are experiencing infertility — that's almost double since infertility was last measured in Canada in 1992.

Not surprisingly, the older the woman, the higher the prevalence of infertility. Yet difficulty conceiving is also rising among younger women, the study found. In 1984, about five per cent of couples with a female partner between 18 and 29 were infertile. By 2009-10, the prevalence for that age group ranged from seven to 13.7 per cent.

"The good news is that women and men can do many things to maximize their fertility," says Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health.

Here are six :

KNOW THAT AGE IS A FACTOR

There are many reasons why a woman might not try to get pregnant in her fertile 20s — perhaps her financial situation isn't stable or she hasn't met her partner yet. "We can't change our age, but it's important to be aware that fertility starts declining when a woman is in her mid-30s," Liu says.

TAKE FOLIC ACID

To prevent neural tube defects such as spina bifida in their baby, women should start taking 0.4 to one milligram of daily folic acid supplements two to three months before she plans to get pregnant and continue while pregnant.

QUIT SMOKING AND DRINKING

These habits affect the fertility of both women and men. "No smoking and drinking at all is advisable for optimal fertility," Liu says.

EAT PROPERLY AND EXERCISE

Having a healthy diet and being fit will help conception. "Being underweight or overweight can negatively affect fertility," Liu says.

GET LUCKY THREE TIMES A WEEK

It's more important to have regular sex than try to chart ovulation. "Sperm can stay in a women's system for up to five days," Liu says. "So if a couple has sex three times a week, a steady supply of sperm will be present."

STOP USING LUBRICANTS

They can affect motility, which is the ability of sperm to move properly toward an egg. Mineral oil and canola oil are "sperm-friendly" natural lubricants.

– Jane Doucet

MONKEY BUSINESS IMAGES/VEER

HOW A COMMON MYTH IS BORN

SEPARATING FACT FROM FICTION FOR MAKING A BABY

There are so many misconceptions about getting pregnant that it's surprising that anyone actually does. For some couples, it's an easier accomplishment than others.

According to Dr. Kimberly Liu, a staff physician at Toronto's Mount Sinai Centre for Fertility and Reproductive Health, separating fact from fiction will put you on the right path to making a baby.

Here are six common myths debunked:

1 Abstinence equals a better buildup of sperm. Some couples believe that if they only have sex once a month, the sperm will be "stored up" and they will have a better chance of conceiving. Not so. "Abstinence of more than 10 days leads to poor-quality sperm," Liu says. "It improves your chances of conceiving if you have sex about three times a week."

2 Ovulation occurs when a woman's temperature rises. In fact, basal body temperature rises (by a mere half-degree) after ovulation. The two best days to conceive are the day before and the day of ovulation. "If women wait for a rise in temperature to have sex, it's too late," Liu says.

3 Having sex on certain days will lead to a boy or girl. Believe it or not, some of Liu's patients think this is true. "There is no scientific evidence to support that."

4 Fertility problems occur only in women. Infertility affects both men and women. Men can experience low sperm count or poor sperm motility, while women could have a plethora of pregnancy-preventing conditions, such as a hormone imbalance, a cyst, fibroids or thyroid problems.

5 Healthy women in their 40s can conceive easily. While it's true that some can, many will have difficulty. "When you hear about celebrities in their mid- to late 40s who have had babies, you don't always get the full story on how they were able to conceive," Liu says. "It can give a false sense of how easy it is to get pregnant at that age."

6 It will be a cinch to a conceive again. Fertility problems can occur at any age, anytime, even if a woman has gotten pregnant easily in the past. "Many of my patients are in their 30s and had no trouble conceiving their first child," Liu says.

– Jane Doucet

GORNOSTAJ/VEER

HEALTHY MOMS LEAD TO HEALTHY BABIES

Do you love to work out, and are you also working on getting pregnant? Research reveals that women who exercise regularly and eat nutritious foods before they conceive have lower health risks for both themselves and their babies during their pregnancy.

What's more, according to The Society of Obstetricians and Gynaecologists of Canada (SOGC), women who are physically fit before they get pregnant report having fewer aches and pains and feel that they have more energy throughout their pregnancies.

The SOGC advises that pregnant women should aim for at least 30 minutes of moderate exercise (enough to make you sweat) five days a week. This will help prepare for the physical challenges of pregnancy and labour, and help maintain a healthy body mass index (BMI) during pregnancy.

If you were active for at least six months before you conceived, ask your doctor about whether it's OK for you to continue your sports or workouts safely. As you move further into your pregnancy and your body changes, you may feel mild aches and pains due to looser joints and shifting body weight. You may need to revise your fitness plan each trimester to reduce the risk of falls and limit high-impact activities.

If you weren't active previously, the SOGC advises that you "start low and go slow." Try regular brisk walking, swimming, strength training (make sure the program is tailored to pregnant women) or other low-impact activities that will strengthen your heart and lungs and tone your muscles. It's recommended that you wait until your second trimester to begin a program like this.

WONG SZE FEI/VEER

The R. Samuel McLaughlin Foundation Exercise and Pregnancy Laboratory at Western University in London, Ont., was established in 1989 to conduct research investigating the effects of exercise on the pregnant woman and her fetus.

Michelle Mottola, the lab's director, touts the benefits of exercising while pregnant on the lab's website at uwo.ca/fhs/EPL.

"What a mother eats and how active she is has a huge impact," she says. "Healthy mothers lead to healthy babies, which will then lead to healthy futures."

– Jane Doucet

PAY ATTENTION TO NUTRITION AND FITNESS

When Hollywood entertainer Jessica Simpson was pregnant with her first child, she admitted to eating lots of macaroni and cheese and buttered Pop Tarts. Indulging in those and other food cravings and not exercising led to a 60-pound weight gain before Simpson delivered daughter Maxwell in May 2012.

Simpson has proudly stated that she has only gained half that amount with her second pregnancy (she is due to deliver a boy soon). That's because, this time, she has paid attention to nutrition and fitness.

From a medical perspective, there are valid concerns about a woman who fails to properly nourish her pregnant body. Women of normal weight before getting pregnant are advised to put on between 25 to 35 pounds. Gaining more — or being overweight pre-pregnancy — can make moms more likely to develop gestational diabetes and to give birth to heavier babies who can be harder to deliver.

According to Health Canada, eating a healthy diet of lean protein, whole grains, fresh fruits and vegetables during pregnancy is one of the best things a woman can do for herself and her baby. It's important to keep in mind that the food mom eats is also baby's main source of nutrition.

Supplementing with folic acid, which helps lower the risk of neural tube defects, is also important. Although folic acid is found in some foods, women who are trying to conceive and those who have need a daily vitamin containing 400 micrograms (0.4 mg) of folic acid.

Eating well, combined with taking a daily prenatal multivitamin, can give a woman the nutrients she needs to support a healthy pregnancy.

– Jane Doucet

RECOMMENDATIONS

Health Canada offers these recommendations to ensure a healthy pregnancy:

- Follow Eating Well with Canada's Food Guide to eat the amount and type of food that is right for you and your baby.
- Have at least 150 grams of cooked fish each week. Fish contains omega-3 fatty acids and other important nutrients for pregnancy.
- How much weight you should gain depends on your body mass index.

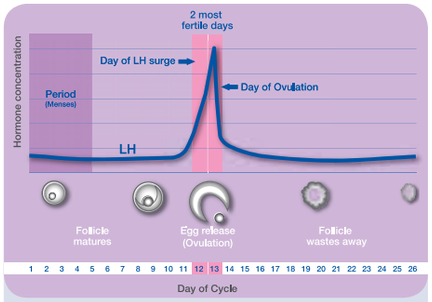
Advertisement

Is it time for a baby?

Maximize your chances by planning for success.

Nothing's more natural than getting pregnant – right? But nature can certainly take her time!

The fact is, there are only a few days each cycle – before and around ovulation – when you can actually get pregnant[1]. Since you're at your most fertile for just two of them, you need to know when those 2 days are. Yet 1 in 2 couples don't – and could be aiming for the wrong time altogether[2]. Which eventually makes trying for a baby more tiring than exciting.


2 most fertile days
Hormone concentration
Day of LH surge
Day of Ovulation
Period (Menses)
LH
Follicle matures
Egg release (Ovulation)
Follicle wastes away
1 2 3 4 5 6 7 8 9 10 11 12 13 14 15 16 17 18 19 20 21 22 23 24 25 26
Day of Cycle

© 2011 SPD Swiss Precision Diagnostics GmbH. All rights reserved. Schematic of typical cycle.

As ovulation approaches there is a sudden rise in the level of Luteinising Hormone (LH) known as the LH surge. This is the key hormone that triggers ovulation and can be detected in urine. Ovulation occurs when the egg is released from the follicle into the Fallopian tube. This usually happens between the 12th and the 16th day before the next period starts. The follicle then collapses and wastes away. The day of the LH surge and the day after are the 2 most fertile days of the cycle.

So when the time is right, you'll want to give yourself the best chance of success. Fortunately, there are ways to find your fertile days – some more practical than others. You could test for changes in your basal body temperature. But since temperature only rises *after* ovulation, it's unlikely to predict fertile days in that cycle[3]. Instead, you'll need to chart it daily over several months – quite a lot of work and rather inaccurate, since every woman is unique and nearly half of all women's cycles vary by up to 7 days[4] anyway.

Luteinising hormone in your urine shows when your body is ready to release an egg.

Ovulation Tests are easier and more reliable. These identify your two most fertile days in advance, by identifying when the body is about to release an egg (or *ovulate*). And being simple urine tests that just take minutes, they're also completely natural and non-invasive.

The most effective is Clearblue Digital Ovulation Test[5], from the world's best selling brand in home pregnancy and fertility tests. It's over 99% accurate *and* the only one with easy-read Digital results – so no fuzzy lines to interpret.

Ideally, you start by recording your cycle on a calendar for one month (download one at **www.clearblue.com**). Once you know your usual cycle length, those quick daily urine tests couldn't be easier. You have seven in a pack and as soon as you get a 'smiley face', the rest is up to you and your partner!

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1 Wilcox AJ, Weinburg CR, and Baird DD. Timing of sexual intercourse in relation to ovulation. NEJM (1995) 333:1517-1521 **2** Data on file. How knowledgeable Are Women About Their Menstrual Cycle? (GfK Roper Public Affairs) **3** Stanford JB, White GL and Hatasaka H. Timing intercourse to achieve pregnancy: current evidence. ACOG (2002) 100(6):1333-1341 **4** Creinin MD, Keverline S, & Meyn LA. How regular is regular? An analysis of menstrual cycle regularity. Contraception (2004) 70: 289-292 **5** Data on file. In a study the unmistakably clear digital results gave the most accurate reading.

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YOUR EMOTIONS ARE NATURAL

BUT IT'S IMPORTANT TO MONITOR YOUR MOOD SWINGS

If you are pregnant and noticing that you sob when you hear sad songs on the radio or get irritated more easily than usual it's probably nothing to worry about — but you should monitor your feelings carefully just the same.

"Depending on their circumstances, there are natural emotions women have when they get pregnant, such as being excited, happy, anxious or nervous," says Dr. Nan Schuurmans, an Edmonton-based obstetrician gynecologist and a co-author of Healthy Beginnings: Giving Your Baby the Best Start, from Preconception to Birth.

If a mom-to-be is experiencing nausea or is overly tired, that may also affect her mood. But, according to Schuurmans, there is no hard scientific evidence that suggests the higher levels of the hormones estrogen and progesterone in pregnant women contribute to so-called mood swings.

ANDRESR/THINKSTOCK

"It's normal to have mixed emotions throughout the pregnancy because having a baby is a major life-changing event," Schuurmans says. "Women are understandably going to feel up and down about it."

That said, it isn't normal to feel sad, anxious or depressed all the time. It's important to watch for signs of depression, both during pregnancy and after the baby is born, and for women to talk to their health-care provider if they have any concerns about how they are feeling.

When a woman becomes pregnant, her doctor will perform a physical examination and ask about all past illnesses, including any mental health conditions.

"For example, if a woman had an anxiety disorder before she became pregnant, she'll likely be anxious during her pregnancy and she'll need to learn how to manage those feelings," Schuurmans says.

The most important thing a woman can do while she is pregnant is take care of both her physical and mental health. Physically, she should eat properly and exercise regularly. Mentally, she should be in a safe and healthy relationship with her partner and have good friends, family and other people she can turn to for emotional support.

"If women take care of themselves in those ways, they should enjoy their pregnancy," Schuurmans says.

– Jane Doucet

AGE CAN AFFECT FERTILITY, PREGNANCY AND CHILDBIRTH

Today, more women older than 30 are giving birth than in past generations. Thanks to the wide availability of contraceptives, Canadians now have more control over if and when to have kids and how many to have. For myriad reasons, many women are choosing to wait.

However, every woman should know that her age can affect fertility, pregnancy and childbirth.

According to The Society of Obstetricians and Gynaecologists of Canada, many women don't realize how quickly their fertility can drop and how early that can start to happen, and that fertility treatments can't always make up for that decline.

Canadian women aged 30-34 are now having more children than any other age group. And women 35 and older account for 11 per cent of first-time moms.

But the fact is that female fertility begins to fall in her early to mid-30s. Since this varies from woman to woman, there is no reliable way to predict fertility decline. Women often lose their ability to conceive years before they have the first symptoms of menopause.

Women older than 35 who do get pregnant, either easily on their own or with fertility treatments, have an increased risk of miscarriage, ectopic pregnancy, preeclampsia, high blood pressure and gestational diabetes, among other complications.

And what about the dads? The effect of a father's age on fertility and pregnancy aren't as well-defined as for the mother's age. There is some research that suggests a decrease in fertility for men older than 40 and an increase in genetic disorders for children of older fathers.

If you have been unsuccessfully trying to get pregnant, your doctor may refer you to a fertility specialist. Women aged 35 to 37 should be referred after six months of trying, and those 38 or older should see a specialist without waiting. The dad-to-be's fertility will also be examined.

The good news is that many women older than 35 become pregnant and have healthy pregnancies and babies. It's important to talk to your family doctor or obstetrician/gynecologist before trying to conceive to help identify if you are at risk for any problems that can be prevented or treated in advance.

– Jane Doucet

SURVEY REVEALS GAPS IN FERTILITY KNOWLEDGE

Women attend university and post-graduate studies in higher numbers, establish their careers later in life, and work longer than ever before. But the clock remains the same as it was 30 years ago.

A recent survey of female members of the Metro Panel, a reader advisory board of Metro News Group, sponsored by EMD Inc., Canada, revealed good intentions when it comes to family planning, but that large gaps in fertility knowledge may be derailing these plans for many women.

"Today, the majority of women are not in a position to have children before the age of 30," says Joanne Horibe, president of Conceivable Dreams, an organization that advocates for funding of in vitro fertilization. "Unfortunately, the health-care system does not do a very good job educating them on the challenges this presents."

In fact, only about 39 per cent of survey respondents felt secure enough in their knowledge of infertility to successfully plan for a family. And while 90 per cent of respondents stated they had considered when would be the best time for them to start a family, only 10 per cent had their fertility tested.

Their reasons for selecting the best time for family building were well thought out. Most felt they would be in a stable relationship, achieve financial stability, have finished their education and be well-established in a career.

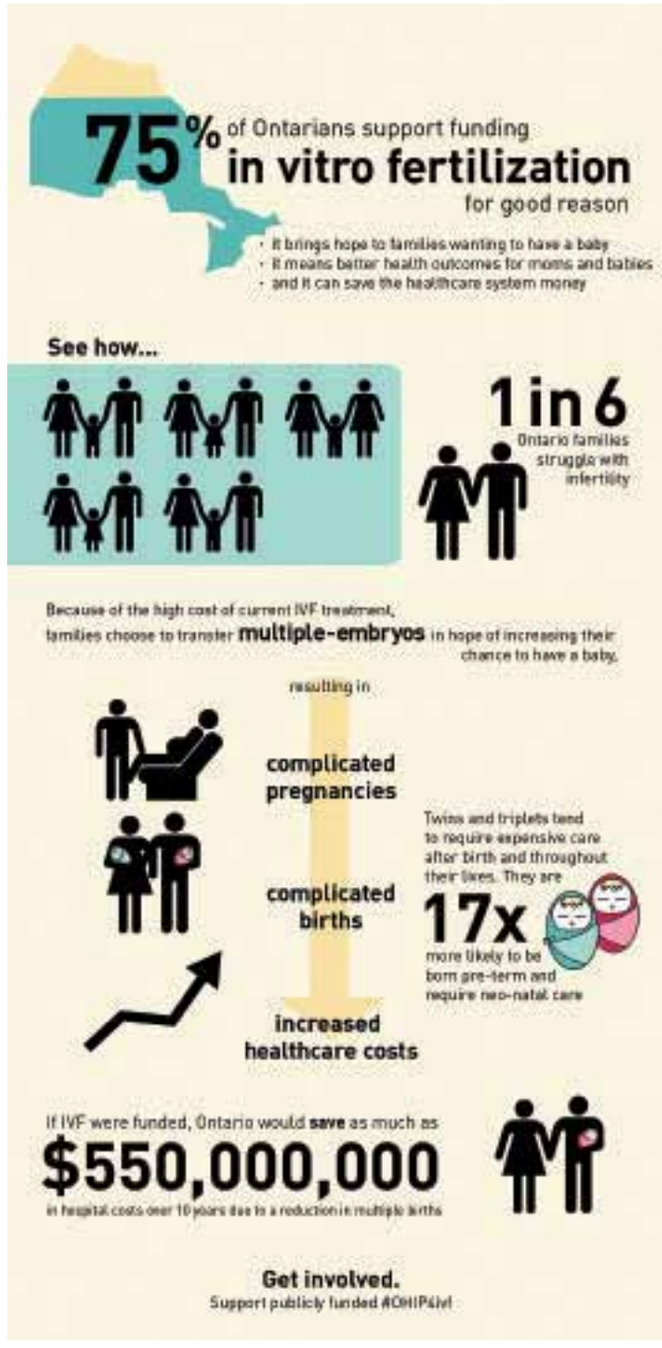
The reality is that these goals can also take a considerable amount of time and result in many couples not trying to conceive until well past the age when fertility starts to decline. Only 25 per cent of respondents had considered the risk of their fertility declining when deciding when to start having a family.

Many women knew fertility dropped off at a certain age, but they couldn't accurately pinpoint that age. Only 11 per cent correctly guessed that a woman's fertility starts to decline around age 30.

While the majority believed infertility is a medical condition, more than half of respondents (52 per cent) believed that simply staying fit and living a healthy lifestyle will protect their fertility.

"In fact, there are many causes of infertility," says Gloria Poirier, acting executive director for the Infertility Awareness Association of Canada (IAAC). "Simply staying fit is no guarantee of staying fertile. It's important that women stay informed and if you are over the age of 30 and have been trying unsuccessfully for more than six months to conceive, speak to your doctor about fertility testing and monitoring."

– Paula Schuck


75% of Ontarians support funding
in vitro fertilization
for good reason
· it brings hope to families wanting to have a baby
· it means better health outcomes for moms and babies
· and it can save the healthcare system money
See how...
1 in 6
Ontario families struggle with infertility
Because of the high cost of current IVF treatment, families choose to transfer multiple-embryos in hope of increasing their chance to have a baby.
resulting in
complicated pregnancies
complicated births
increased healthcare costs
Twins and triplets tend to require expensive care after birth and throughout their lives. They are
17x
more likely to be born pre-term and require neo-natal care
If IVF were funded, Ontario would save as much as
$550,000,000
in hospital costs over 10 years due to a reduction in multiple births
Get involved.
Support publicly funded #OHIP4ivf

SEARCH OUT PATIENT GROUPS FOR INFERTILITY SUPPORT

Ashley Powell is 29, diagnosed with polycystic ovarian syndrome (PCOS), and has exhausted most of her options trying to get pregnant.

Ashley's infertility story starts at puberty. She had her first period at 13. Her menstrual cycles have always been erratic. Powell had only four to eight extremely painful periods each year. She was diagnosed with PCOS in college.

She married Brandon in 2009 and began trying to get pregnant. Imagine having a health problem you knew how to solve, but the solution remained out of reach. That's the frustrating state of life for the Oshawa couple.

Brandon's sperm counts are fine, despite a battle with testicular cancer and subsequent surgery. Because of these two factors, the Powells consulted fertility specialists early.

"We've been going to the fertility clinic from the time I was 25 years old," Ashley says. "With the IUI's (intrauterine insemination) and the injection medications, it has been nearly impossible to save any kind of lump sum amount for the IVF (in vitro fertilization) we need."

IVF is the medically recommended treatment for the Powells, but in Ontario it can cost more than $10,000 with medications. They have exhausted every option funded by OHIP. They have done IUI, intrauterine insemination, timed intercourse and surgery called ovarian drilling.

After almost five years and 10 rounds of different treatments, the Powells are physically and financially exhausted, plus they still have no children.

The Powells have found support from a patient group called Conceivable Dreams. The Ontario-based group advocates for public funding for in vitro fertilization. The group can be found on Facebook and Twitter.

Just a teaspoon full of orange rind helps the stir-fry to wow

ROSE REISMAN
for more, visit rosereisman.com or follow her on twitter @rosereisman

This great tasting Orange and Pineapple Chicken Stir-fry can be prepped early in the day.

Add a teaspoon of grated orange rind to the sauce for extra flavour.

1. Cook noodles in boiling water according to package instructions or until firm to bite. Drain and place in serving bow.

2. In nonstick skillet sprayed with vegetable spray, sauté chicken just until it is browned but not cooked through. Remove chicken and set aside.

3. Sauce: In bowl combine sugar, stock, orange juice, cornstarch, soya sauce, sesame oil, garlic and ginger. Mix. Set aside.

4. In skillet, heat oil; sauté asparagus and red peppers just until barely tender, approximately 2 minutes. Add corn, water chestnuts, pineapple pieces, sauce and chicken. Cook just until chicken is no longer pink and sauce has thickened slightly, approximately 2 minutes, stirring constantly. Add mandarin oranges. Pour over pasta and toss. ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE) BY ROSE REISMAN

This recipe serves six. MARK SHAPIRO, FROM ROSE REISMAN BRINGS HOME LIGHT PASTA (ROBERT ROSE)

Ingredients

- 10 oz whole wheat lsoba noodles
- 10 oz skinless, boneless chicken breast, thinly sliced

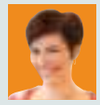
Sauce

- 3 tbsp brown sugar
- 1 cup chicken stock
- 1/3 cup orange juice
- 1 1/2 tbsp cornstarch
- 2 tbsp soya sauce
- 2 tbsp sesame oil
- 1 1/2 tsp each crushed garlic and ginger root

- 2 tsp vegetable oil
- 1 1/2 cups chopped asparagus
- 1 cup sliced red peppers
- 1 cup chopped baby corn
- 3/4 cup sliced water chest nuts
- 1 cup pineapple pieces
- 3/4 cup mandarin oranges

Health Solutions

Marinade for protection



NUTRI-BITES
Theresa Albert
DHN, RNCP
myfriendinfood.com

A marinade does more for your meat than just add flavour. It is also protecting you from carcinogens created when you grill meat. Those blackened marks contain taste but there are also cancer causing agents at play, namely heterocyclic amines (HCAs) and polycyclic aromatic hydrocarbons (PAHs). With barbecue season fully upon us, you'll want to know how to protect yourself.

- Marinating meat for merely a minute helps create a protective layer that reduces the protein damage
- Your marinade must contain an acid, like vinegar, and some spices
- Reducing the temperature and preventing charring helps
- Choosing chicken and fish over red meat reduces risk
- Trim as much fat as possible from all meats. The drips and flares make matters worse
- Dry rubs can be mixed with a little bit of vinegar to create the same effect

Classic Marinade Formula

- 1/2 cup oil (grapeseed or canola)
- 1/3 cup fresh citrus juice (lime, lemon, orange)
- 1/8 cup vinegar (various flavours)
- 1-3 tsp dried herbs or spices
- 1-2 tbsp minced shallot, onion, garlic, ginger or any combination of all
- 1 tsp sea salt
- Fresh ground pepper, to taste

THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM

70,000
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40,000
30,000
20,000
10,000
Say yes to her...
Say no to Hunger.
June 7-15, 2013
On Your Recycling Day...
Please place a non-perishable food donation out by your Blue Box on the morning of collection.
Suggested Items:
• Canned Food • Cereals • Rice
• Pastas • Milk Alternatives
• Baby Food • Toiletries
Missed your collection day or live in an apartment/condo?
No problem! Just drop it off at any Tim Hortons or your local grocery store from June 7 - 15.
9,440 lbs Collected in Zone C & D
LONDON CARES CURBSIDE FOOD DRIVE
london.ca/londoncares
London CANADA

Lunch. Greek-Style Turkey Burger

1. Heat the grill to medium.

2. In skillet over medium-high, heat 1 tbsp oil. Add onion and cook, stirring, until golden brown, about 5 mins. Add remaining 1/2 tbsp olive oil and spinach and cook, stirring, until spinach wilts. Season with salt and pepper, then transfer mix to bowl. Chill in refrigerator until cooled to room temp.

3. In bowl combine yogurt, mayo, pepperoncini, pepperoncini liquid, lemon juice, garlic, and salt and pepper to taste. Set aside.

4. Once spinach has cooled, remove from refrigerator and add feta, oregano, ground turkey, 1/4 tsp salt and black pepper. Mix well, then shape into 4 patties, each about 1/2-inch thick.

5. Spray burgers lightly with olive oil cooking spray, then grill over medium heat until just cooked through, about 6 minutes per side. Spread some of the yogurt sauce on the bottom half of each bun, then top with a burger. Spoon the remaining sauce over the burgers and top with the remaining bun halves. Serve. THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 1 1/2 tbsp olive oil
- 1/2 cup finely chopped yellow onion
- 5 oz baby spinach
- Kosher salt and ground black pepper
- 1/4 cup non-fat plain Greek yogurt
- 1/4 cup low-fat mayonnaise
- 2 tbsp minced seeded pepperoncini
- 1 tbsp liquid from the pepperoncini jar
- 2 tsp lemon juice, or to taste
- 1 tsp minced garlic
- 3 oz crumbled feta cheese
- 2 tbsp chopped oregano
- 1 lb ground turkey
- 4 whole-wheat hamburger buns

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

Follow the bride's request

She won't be upset if she doesn't have a bachelorette

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Hi Charles,
When my best friend asked me to be her maid of honour at her wedding, she pointedly stated that she did not want nor did she expect to have a bachelorette party. She told me that she had been to such parties in the past (complete with male strippers and nearly invisible lingerie) that have turned her off of the whole affair. She mentioned a few months later that she and her husband-to-be wanted to organize a Jack and Jill type celebration for the wedding party. She has never been the type to say one thing and expect another.
Nevertheless, my co-workers insist that I am obligated to organize a separate celebration just for the girls or else I will forever regret not giving her that special moment.
What do I do?
Thank you, Michelle

Dear Michelle,
I am confident that I would absolutely follow the bride's request.

Personally I have never been one to agree with nor enjoy surprise parties and I think that putting people on the spot is not an enjoyable way to start an evening.

First and foremost you are not obligated to organize anything the bride has asked you not to do.

Now if you want, you can always suggest a low-key party, like afternoon tea or drinks and dinner at a restaurant.

That way, the bride will be able to celebrate with the girls in a way that doesn't make her uncomfortable. After all, you don't need strippers and nearly invisible lingerie to have a good time. Stick to your gut feelings as it appears you are on the right track!

The wedding dress whisperer

Bride comes first.
Randy Fenoli is on a mission to make every girl's dream day a reality

MEREDITH ENGEL
Metro World News in New York City

Randy Fenoli of Say Yes to the Dress and Randy to the Rescue (which just began its second season and airs Fridays on TLC) estimates that he's helped about one million brides get ready for their big day.

But being a bride's advocate never wears on the marriage maestro: "I never get tired of it," he tells us.

His dedication means that since not everyone can make it to NYC's Kleinfeld, where Fenoli consults, he takes his show on the road — literally. On Randy to the Rescue, Fenoli travels around the U.S., creating pop-up bridal salons for the betrothed and then giving them makeovers.

Legions of brides turn to Fenoli for his advice, and after speaking with him, we've come up with some reasons as to why we think that is:

He'll fight for his bride:
"I absolutely will not compromise. We were in one city working with a bridal salon and this girl came in. She showed me a picture of this dress that she had tried on, like, six states away, and she fell in love with the dress, but she was like, 'Well, I can't get this today.' You could tell this girl was in love with this dress. And the cameras are on her and the family's there, and finally she said yes to a dress. But when I walked off the set, I was like, 'I'm sorry, that is not her dress. She is not happy.' So I woke up the next morning and called every single bridal salon in, like, a three-hour radius and found the dress."

He doesn't believe in bridezillas:
"Brides want everything to be perfect, and it should be! ... I would want it to be perfect, too. You're spending how much money? You've waited how many years? You've invited how many people, we're taking how many pictures, and how many people are watching? It should be right."

Randy Fenoli fights for the brides he works with. HANDOUT

He goes beyond the dress:
"Brides come in and show their consultant a photograph. Most consultants take it literally and are like, 'OK, that's the dress you want.' I don't just look at the dress. I look at the girl in the dress and I look at the feeling (the picture evokes)."

All your money going in the gas tank?

YOUR MONEY
Alison Griffiths
money@metronews.ca

What could you do with $2,322? Well, for one thing, you could drive a small car.

The Canadian Automobile Association estimates that the average annual operating cost, including gas, oil, tires and maintenance of a small car driven 18,000 kilometres a year (in this case a Civic LX), amounts to $2,322.

For a mid-sized car (Camry LE) the tab rises to just more than $3,000. Both test cars were new, four cylinder models and the average gasoline price was pegged at $1.23 a litre.

However, right now only New Brunswick enjoys $1.23 at the pump while all the western provinces — except Alberta at around $1.27 — are well over $1.30. So much for living near the gas supply!

Add in long commutes and less fuel-efficient cars and many Canadians are paying well north of $3,500 annually for their wheels. All the more reason to use these six tips to chop gas costs by as much as 25 per cent.

1. Turn off the ignition
Idling shortens the life of engine oil by as much as 75 per cent and increases gas costs. Excessive use of the heater or air conditioner also boosts gas consumption.

2. Soft foot the pedal
Darting away from a stoplight consumes 40 per cent more fuel than easing away. It also increases emissions by 400 per cent.

3. Be a turtle
Travelling at an average speed of 100 km/h versus 120 will save 20 per cent on fuel consumption. You'll arrive in about the same time and more safely.

4. Don't skimp on maintenance
Regular tune-ups, lubrication and oil changes reduce engine wear and improve gas mileage.

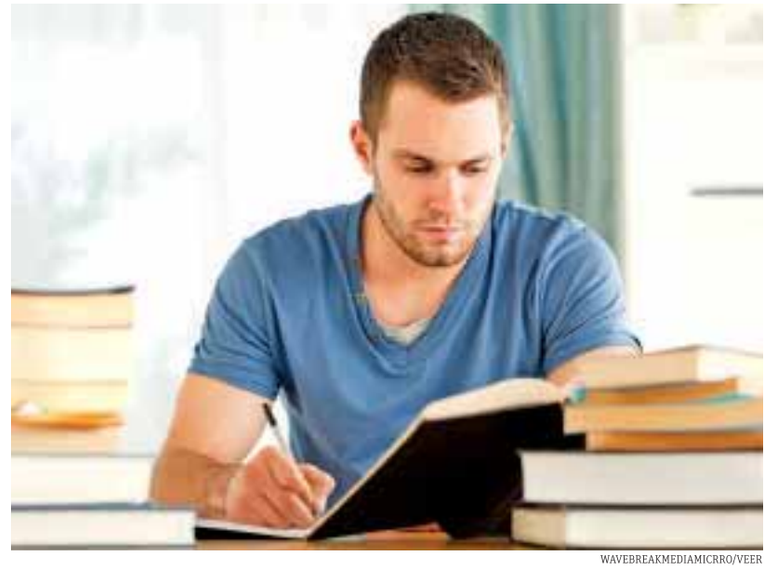
5. Check the pressure
Keeping tires properly inflated improves handling and reduces wear and gas consumption — cutting up to two weeks worth of gasoline annually.

6. Lighten up
Excess weight reduces engine life and decreases gas mileage, especially for smaller cars.

Following all six recommendations could result in savings of between $580 and $750 annually, based on the CAA tests. Not bad for a few changes in driving habits.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca

TURN DEGREES INTO CAREERS



WAVEBREAKMEDIAMICRRO/VEER

Canada's universities are among the best in the world, but face challenges matching education to labour market needs, according to a new study.

The Conference Board of Canada's Education and Skills report card gives Canadian universities an A and ranks the country second overall, but we earned Bs and Cs for return-on-investment. Canada also received Cs for percentage of university graduates in science, math, computer science and engineering. The report card gave us a D for the number of PhD graduates.

"Within the post-secondary system, we must improve co-ordination among offerings, thereby creating better pathways to workplaces, jobs and careers," says Daniel Muzyka, president of the board.

Allan Rock, president of the University of Ottawa, offers a robust defence of the university degree, but suggests how the gap between education and workforce arises. He cites a CIBC report finding labour shortages in 25 professions requiring a degree. They include optometrists, engineers, doctors, dentists and social workers. A degree might not guarantee a career, but many careers require a degree.

"Contrary to the myth of the irrelevant university, there continues to be a strong demand for university graduates," he says.

He notes that a "quiet bias" may also be at work in steering some students into university when they would be better served by college.

"Some students are pressed by family or friends to attend university because it is seen as the more 'academic' or prestigious option," he says. "That bias is insidious and unfair. We must do everything we can to dispel it. Young people should be free to choose the option that is right for them, unburdened by false perceptions and distorted views."

David Gauthier, vice-president at Saint Mary's University, says universities drive economic growth via research and development partnerships with industry. That also helps students turn education into careers.

"Innovation in university program and curriculum design, content and delivery, coupled with new technologies, allows for learning that gives students the experience and skills needed to be immediately successful in the workplace after graduation," he says.

The board report found degree-holding workers make more money and contribute more to business innovation and productivity than non-degree holders.

– Jon Tattrie

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YOU CAN MOVE THE WORLD

AT NANCY CAMPBELL COLLEGIATE INSTITUTE

CONTRIBUTED

With the philosophy that youth can move the world, Nancy Campbell Collegiate Institute is a private school that caters to the educational and moral development of children from daycare through to high school ages.

Located in the heart of London, overlooking the Thames River at its forks, this unique school prides itself in the close-knit family environment its students enjoy, where all are welcome and accepted.

This summer, the school is running a number of summer arts and English second language (ESL) programs during July and August. The programs are available to local and international students from grades 7-12.

The school's innovative arts programs include instruction in fine arts, photography and image arts, contemporary drama, street dance and individual music enhancement courses.

International students can also participate in ESL courses, which offer a variety of relaxed, practical language classes, through to a full Ontario Secondary School Diploma (OSSD) credit program. These will count towards their regular school year certificates.

The aim is to help each student not only realize and improve their academic, language and art skills, but also to give them an unforgettable experience where they will make new friends from their own hometown, as well as from halfway around the world.

For more information about these camps, visit nancycampbell.ca.

AN OPTION FOR MATURE STUDENTS

FANSHAWE COLLEGE

Just because you work a full-time job doesn't mean you need to put your desire to further your education on hold any longer. Starting this September, head back to school at Fanshawe College through its new "Weekend College."

"Fanshawe has seen an increase in the number of mature students and Weekend College offers another option for those who wish to develop additional skills," says Vertha Coligan, dean of the faculty of technology.

"This new initiative is exciting for all of us as we continue to seek ways to respond to the needs of adult learners who want to study on a full-time basis but are unable to attend classes during the week."

For some, heading back to school Monday to Friday is just not an option.

Weekend College is an innovative and engaging method of delivering post-secondary education for students who wish to accelerate and enrich their studies or who prefer the convenience and flexibility of a weekend schedule.

Weekend College provides students with a chance to further their post-secondary education without the stress of putting their career, or lives, on hold to do so.

Students enrolled in Weekend College begin their program at the same time as those in traditional programs and will attend classes on campus, online or through a combination of both.

The classes are the equivalent of a full-time program but are designed to fit the needs and schedules of today's busy working adults, so they are able to earn while they learn.

Students will graduate at the same time as those enrolled in Monday to Friday programs. With small classes, students will receive personalized instruction from the faculty to help ensure their success in the program.

To find out more about Weekend College, attend one of the free information sessions held each Thursday at 5 p.m. in A2017 on the London Main Campus, or visit fanshawec.ca/weekend.

CONTRIBUTED

SLEEP TIGHT

LANALANGLOIS/VEER

STUDIES SHOW THAT SLEEP IS VERY IMPORTANT TO GOOD HEALTH

One of Canada's top sleep experts appreciates the importance of a good night's sleep.

"The more research we do, the clearer it becomes that sleep is incredibly important to good health," says Joseph De Koninck, PhD.

For more than 30 years, De Koninck has taught psychology students and run a two-bedroom sleep laboratory at the University of Ottawa. During the course of his career, researchers from around the world have established ever stronger links between sleep and health. And he worries that the growing pressures of the modern age — careers that require round-the-clock availability — will affect the long-term sleep patterns of Canadians.

People with poor sleep habits are at greater risk for a number of chronic conditions, including obesity, diabetes and heart disease. Sleep deprivation also impairs memory and judgment, increasing the risk of traffic accidents and work mishaps, and often leads to problems in interpersonal relationships.

Researchers continue to uncover exactly how sound sleep contributes to health. One mechanism involves the regulation of hormones. When we sleep, our bodies secrete hormones that help to control appetite and metabolism. When we don't get enough sleep, our bodies produce extra cortisol, often described as the "stress hormone," and insulin, the hormone that regulates glucose processing and promotes fat storage. As a result, poor sleep can make us feel hungry even though we have had enough to eat, and leave us too tired to exercise off the extra calories.

Since insufficient sleep influences the way we process glucose — the high-energy carbohydrate that cells use for fuel — it may also play a role in type 2 diabetes, a chronic condition increasingly prevalent in Canada.

There is also research to suggest that even a single night of inadequate sleep can increase the effects of hypertension. One study found that people with hypertension who have a poor night's sleep experience elevated blood pressure throughout the next day.

Given all the risks associated with poor sleep habits, it should come as no surprise that people who don't sleep well tend to have shorter lives. Data from three studies revealed that averaging five hours or less of sleep per night shortened life expectancy by approximately 15 per cent. *– Peter Boyle*

YOU'LL BE DREAMING IN NO TIME

AREKMALANG/VEER

DGMATA/VEER

MOCKER/VEER

Follow these tips to fall into dream land..

1 A cup of warm milk. Sometimes, those old wives' tales ring true. Milk contains tryptophan, an amino acid that can make you drowsy.

2 A hot bath. For many children, a nice relaxing soak in the tub is a pre-bed ritual. If it worked when you were a child, it might work now that you are (pretty much) all grown up.

3 Choose your evening drinks wisely. For many people, caffeine after dinner is a real no-no. Choose decaffeinated coffee, tea and pop or avoid them altogether, along with chocolate. And while alcohol can make you drowsy, drinking too much interferes with sleep.

4 Stick to a schedule. Make a point of going to bed and getting up at about the same time each day. Most bodies thrive on routine.

5 Stretch it out. Slow, gentle stretches accompanied by easy, deep breathing works wonders for many people. Although vigorous exercise might leave you awake, low-intensity yoga can be a great way to de-stress at the end of the day.

6 Massage. I'll rub your back if you rub mine. A few minutes of massage will not only promote sleep, it will also do wonders for your relationship. For the full effect, add a drop of soothing aromatherapy oil (lavender and chamomile scents are especially calming).

7 Get rid of distractions. Your bedroom should be for sleeping, dressing and sex — no laptops, iPads, television or other distractions allowed. Put some physical distance between the place where you sleep and the places where you live the rest of your life.

8 Create an ideal sleep environment. Do whatever you need to promote sleep — if the morning sun bothers you, get thicker curtains or blinds; if noise bothers you, close doors and windows or add sound insulation.

9 Invest in a good-quality mattress. Given that mattresses last 10 to 12 years, don't be afraid to spend $1,000 on one that you find comfortable.

10 Free your mind. Once you close your eyes, allow your mind to wander freely; avoid judging or guiding whatever thoughts come up. You will be dreaming in no time.

– Peter Boyle

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VICKS®

Man advantage a cup final misnomer

NHL playoffs. Penalty killing and goaltending in spotlight as Chicago and Boston prepare for championship series

When it comes to power plays in the Stanley Cup final, the Chicago Blackhawks and Boston Bruins might just prefer to keep going with everyone on the ice.

The two teams left in the NHL playoffs have been lousy with the man advantage and terrific at killing penalties during the post-season.

When the Blackhawks are forced to play a man down, Michael Frolik and Marcus Kruger are so persistent it almost resembles an even-strength situation. And the Bruins have hulking defenceman Zdeno Chara and goalie Tuukka Rask, who is swallowing everything at the net these days.

Heading into Game 1 on Wednesday night, goals on special teams have been so scarce that a couple for either side could tip the series.

"The special teams are kind of key, if you want to (have) success," Frolik said after Chicago held an optional practice on Monday. "We try to talk about it all the time and make sure we're on the same page. It's especially going to be key right now. We've got to make sure we are ready for the challenge."

So far, so good on that front for the Bruins and Blackhawks.

Tuukka Rask makes a save during Bruins practice on Monday at TD Garden in Boston. ELISE AMENDOLA/THE ASSOCIATED PRESS

Rask up to the task

"We're facing a goalie that in the last round was as good as any of the goalies we've seen over a segment of two years in the playoffs."

Blackhawks coach Joel Quenneville on Bruins goalie Tuukka Rask who has a 1.75 goals-against average and .943 save percentage in the 2013 playoffs. Boston has yielded seven goals in 52 power-play opportunities for an 86.5 per cent kill rate in the post-season.

With Frolik and Kruger tying up the action on top of the zone, Chicago has allowed just three goals in 58 power-play opportunities for an astounding 94.8 per cent kill rate. Los Angeles got two of them in the Western Conference final, but one was a meaningless goal by Tyler Toffoli at the end of the Blackhawks' 4-2 win in Game 2.

The 92.5 per cent finish for the 2000 New Jersey Devils is the best playoff rate for a Stanley Cup champion in the last 25 years, according to STATS.

"I think they do a good job of fronting shots," Boston coach Claude Julien said of Chicago's penalty killers. "You really have to work hard to get the shots through. That's what they are, they're very patient; they're very aggressive when you do lose, I guess, control of the puck and if they feel they can get on you, they'll get on you quick. They've done a good job that way."

Pittsburgh had converted an NHL-best 28.3 per cent of its power-play chances heading into the Eastern Conference final against Boston, but the high-powered Penguins went 0 for 15 with the man advantage during the Bruins' impressive four-game sweep.

THE ASSOCIATED PRESS

Family matters

Kobe's parents apologize for memorabilia snafu

Kobe Bryant reached a settlement with a New Jersey auction house that allows his mother to sell a small amount of his memorabilia, while also getting an apology from his parents, who thanked him for his financial support.

Kenneth Goldin, founder of southern New Jersey-based Goldin Auctions, said Monday that his company and the Los Angeles Lakers star had reached a settlement. Through a publicist, an attorney for Bryant also confirmed the dispute had been resolved.

Citing a confidentiality agreement, Goldin wouldn't discuss details of the settlement beyond identifying the six items to be auctioned, including two uniforms worn by Bryant in high school and two 2000 NBA championship rings Bryant gave to his parents.

THE ASSOCIATED PRESS

Patriotic duty

Tebow New England-bound, sources say

A person familiar with the situation says quarterback Tim Tebow is planning to join the New England Patriots at their mini-camp on Tuesday.

The person spoke on condition of anonymity because no official announcement had been made.

ESPN reported earlier Monday that Tebow will sign with the Patriots.

THE ASSOCIATED PRESS

NHL. Eakins determined to make Oilers a contender

The Edmonton Oilers officially announced Dallas Eakins as their new head coach on Monday, replacing the fired Ralph Krueger.

Eakins is the fourth coach in the past five seasons for the Oilers, who have not made the playoffs since reaching the Stanley Cup final in 2006.

"This isn't about winning one game or winning one season," Eakins said. "We want to be in the mix every year to win."

The 46-year-old Eakins spent the past four seasons with the AHL's Toronto Marlies, reaching the Calder Cup final in 2012. THE CANADIAN PRESS

Dallas Eakins was introduced as the Oilers' new head coach in Edmonton on Monday. THE CANADIAN PRESS

NHL

Sens add to pool of picks, sending Gonchar to Big D

The Dallas Stars announced the signing of defenceman Sergei Gonchar to a two-year deal worth US $10 million.

The Senators traded the 39-year-old's rights to Dallas for a sixth-round pick that was conditional on Gonchar agreeing to a contract with the Stars. Ottawa now has seven selections in this year's draft. THE CANADIAN PRESS

MLB. Encarnacion ready for another all-star snub

Despite continuing to rank among the game's top sluggers, Toronto's Edwin Encarnacion is in danger of once again being snubbed by baseball's Midsummer Classic.

Listed on the all-star ballot as a designated hitter, Encarnacion is currently fourth in fan voting behind Boston's David Ortiz, Texas' Lance Berkman and Cleveland's Mark Reynolds.

Among the foursome, Encarnacion has the most hits, home runs and RBIs.

Focused on the field

"I'd like to be there ... but it's something I can't control."

Blue Jays slugger Edwin Encarnacion

Ortiz leads the way in batting average, as well as on-base and slugging, but he has played 17 fewer games. Encarnacion is the only one in the group who hasn't missed a game this season. TORSTAR NEWS SERVICE

Horoscopes

♈ Aries
March 21 - April 20
You don't lack for confidence and you won't hesitate to tell others where they've gone wrong. It may in fact be the case that you've got it wrong but your self-belief is such that you just don't notice.

♉ Taurus
April 21 - May 21
Some people may be rather cool towards you today but don't think that means you are out of favour. More likely they're dealing with personal issues and don't have time for niceties. It's no big deal.

♊ Gemini
May 22 - June 21
Go with your feelings today and don't be afraid to let others know why you think they are wrong. They may accuse you of being irrational, but you know better than to ignore your instincts.

♋ Cancer
June 22 - July 23
Saturn's influence in your chart, though good, may cause you to be a bit too limited in your thinking. Imagination is every bit as important as intelligence, so listen to your inner voice then act on what it tells you.

♌ Leo
July 24 - Aug. 23
A loved one is in need of assistance but they keep pushing you away every time you try to help. There's not much you can do except hang around so you are there for them when they come to their senses.

♍ Virgo
Aug. 24 - Sept. 23
You feel compelled to resolve a feud that has dragged on a long time. It isn't worth the time and the energy. Move on.

♎ Libra
Sept. 24 - Oct. 23
Whether the challenge you face is personal or professional, you can and you must meet it head-on today. You may be good at indecision but you can take the initiative when you need to, like now.

♏ Scorpio
Oct. 24 - Nov. 22
You may not be happy that you cannot move in the direction you most want to go but the planets are holding you back for a reason. What is that reason? By the end of the week you will finally know.

♐ Sagittarius
Nov. 23 - Dec. 21
Even a Sagittarius needs to be alone with their thoughts once in a while and if that is how you feel now then by all means get away from the crowds and the noise. You need room to think about your options.

♑ Capricorn
Dec. 22 - Jan. 20
How seriously do you take your aims? According to your solar chart you are a bit too vague about your goals at the moment. Time to get serious.

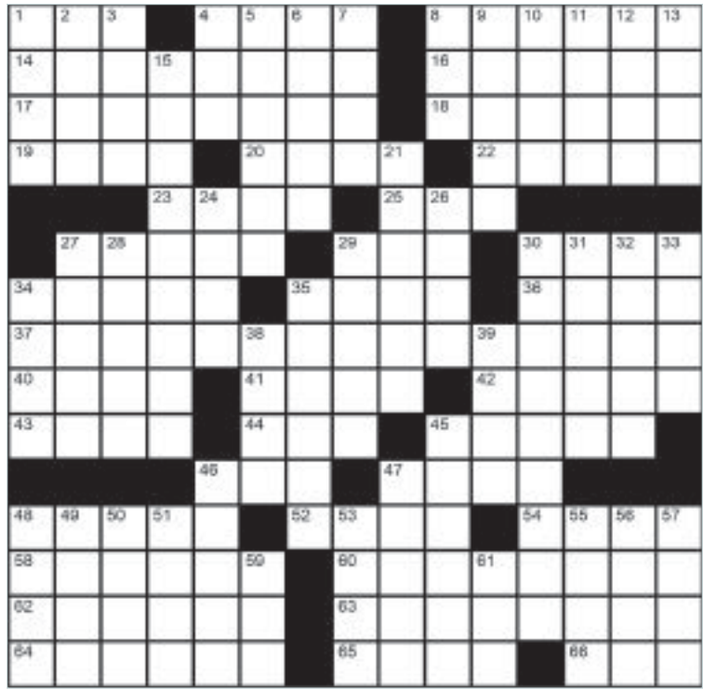
♒ Aquarius
Jan. 21 - Feb. 19
Someone who envies your popularity will try to find ways to make life difficult for you but it's unlikely they will succeed. And if you keep the smile on your face you will annoy them all the more!

♓ Pisces
Feb. 20 - March 20
Nothing seems to faze you, and that's just as well because some people will go out of their way to infuriate you. Don't worry about it it. Not everyone can be a big-hearted Pisces. SALLY BROMPTON

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

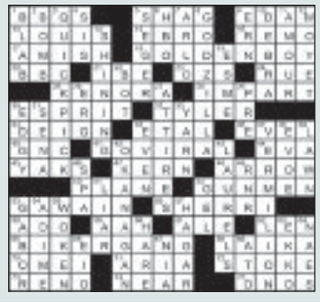
BY KELLY ANN BUCHANAN



Across
1. _ __ vapeur (Steamed, restaurant style)
4. Ontario's Casino __
8. Piles
14. Tires company
16. Esoteric
17. __ Sea (Arctic Ocean part)
18. Cape __, Nunavut
19. "Correct me __ __ wrong, but..."
20. Canada Geese flying formations
22. __ out (Distributes)
23. Pizzeria products
25. Li'l kitchen measurement
27. Put into a cell
29. Fam. member
30. "Born Free" (1966) lioness
34. __ a fox: 2 wds.
35. Remarked
36. Plunges
37. Rush's 'Rock Album of the Year' at this year's Junos: 2 wds.
40. Farm sound
41. Boundary
42. Dick __, legendary Montreal Canadiens coach
43. Golfer's props
44. Compete
45. "Kathy Griffin: My Life on the _-__"
46. Currency in Romania
47. Regard
48. Mindful
52. Greek Myth: Pleiades sister
54. Ms. Minnelli
58. Newspaper article length
60. Ottawa university
62. Stellar
63. How Farrah Fawcett's 1970s hairstyle was cut: 2 wds.
64. Canadian __ (Region of rocks)
65. Week parts
66. Bob __ (Liberal politician)

Down
1. Prefix to 'dextrous' (Skilled at right/left hand use)
2. Poet's 'willingly'
3. Health food berry
4. CFL official
5. Billy Idol's "To Be _ __"
6. Swampy spots
7. Poker stake
8. Clown face expression
9. Badly defeat
10. Territorial measure
11. Show's group of actors
12. Pants part
13. Arranges
15. Some whales
21. Hit the picket line
24. Phantom of the Opera tune: "All _ __ of You"
26. Kim Mitchell hit: "Go for __"
27. Miss __, "Dallas" matriarch
28. The Gershwins musical, __ __ and Only
29. Freight-carrying boat
30. Martin Short's uniquely-coiffed/high-waisted-pants character: 2 wds.
31. Actor Mr. Schreiber's
32. Divvy up
33. PGA part, for short
34. Sean Connery, for one
35. Dietary concern
38. "__ Only Just Begun" by The Carpenters
39. Egypt's river
45. In a heartfelt way
46. "Street __" (1987 to 1994 Canadian series)
47. Princess __, William and Harry's mum
48. Regrettably
49. Hope for
50. __-aging cream
51. Unique
53. Music style, __ rock
55. Roman road
56. Author, __ Neale Hurston
57. Newfoundland: L'__ aux Meadows
59. Long ago time
61. Vegas partner

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	4	5	9	2	8	3	6	7
9	2	3	6	7	1	5	4	8
7	8	6	4	3	5	1	2	9
6	3	1	8	4	7	2	9	5
4	7	8	2	5	9	6	1	3
2	5	9	1	6	3	7	8	4
8	1	7	5	9	6	4	3	2
3	6	4	7	8	2	9	5	1
5	9	2	3	1	4	8	7	6

Cannot be combined with other offers.